

Macaroni and Cheese

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched elbow macaroni	1 lb 5 oz	1 qt 1 cup	2 lb 10 oz	2 qt 2 cups	1. Cook macaroni in boiling water until firm-tender, 8 minutes. Drain well. 2. Melt margarine or butter in a stock pot or sauce pan. 3. Combine flour, salt, dry mustard, pepper, and paprika in a bowl. Add to the margarine or butter. Cook for 2 minutes over medium heat, stirring continuously. Do not brown.
Margarine or butter	6 oz	3/4 cup	12 oz	1 1/2 cups	
Enriched all-purpose flour	6 oz	1 1/4 cups 2 Tbsp	12 oz	2 3/4 cups	
Salt		2 1/2 tsp		1 Tbsp 2 tsp	
Dry mustard		1 1/2 tsp		1 Tbsp	
Ground black or white pepper		1/2 tsp		1 tsp	
Paprika		1 1/2 tsp		1 Tbsp	
Lowfat 1% milk		2 qt 2 cups		1 gal 1 qt	4. In a stock pot or sauce pan, heat milk to a simmer. Slowly add heated milk to the flour mixture, stirring continuously. Cook until smooth

Worcestershire sauce		1 tsp		2 tsp	5. Add Worcestershire sauce, Cheddar cheese, and Parmesan cheese to the white sauce. Stir over low heat until cheese melts.
Reduced fat cheddar cheese, shredded	1 lb 10 oz	1 qt 2 1/2 cups	3 lb 4 oz	3 qt 1 cup	
Parmesan cheese, grated	2 oz	1/2 cup	4 oz	1 cup	6. Combine macaroni and sauce. Mix well. Place 5 lb 6 oz (2 qt 2 3/4 cups) into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans. Cover with lid or foil.
Enriched soft bread crumbs	3 oz	1 cup	6 oz	2 cups	7. Combine the bread crumbs and shredded cheddar cheese in a bowl. Sprinkle 5 1/2 oz (1 1/2 cups) over each pan.
Reduced fat cheddar cheese, shredded	8 oz	2 cups	1 lb	1 qt	8. Bake an additional 5 minutes, uncovered, until lightly browned. CCP: Heat to 165° F or higher. 9. CCP: Hold for hot service at 140° F or warmer. Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.

Serving	Yield	Volume
1 piece provides 1 1/2 oz of cheese and the equivalent of 1 1/2 slices of bread.	24 Servings: 11 lb 4 oz	24 Servings: 2 pans
	48 Servings: 22 lb 8 oz	48 Servings: 4 pans

Nutrients Per Serving					
Calories	359	Saturated Fat	7.04 g	Iron	1.65 mg
Protein	19.95 g	Cholesterol	28 mg	Calcium	534 mg
Carbohydrate	34.24 g	Vitamin A	847 IU	Sodium	719 mg
Total Fat	15.56 g	Vitamin C	1.1 mg	Dietary Fiber	1.6 g